

Hormone Options:
Puberty Suppression

Gonadotropin-releasing hormone agonists, or GnRH agonists, are medications that work to suspend the body’s own production of sex hormones. GnRH agonists block the gonads (testicles or ovaries) from producing sex hormones (testosterone or estrogen) and, as a result, block the effects of these hormones on the body. These medications are therefore often referred to as “blockers.” In young people, these medications can reversibly block pubertal development (menstruation, breast growth, genital enlargement, vocal changes, etc.) prior to starting on gender affirming hormone therapy.

GnRH agonists can decrease dysphoria by blocking these pubertal changes, while also allowing more time for the patient and their family to decide the best course of treatment moving forward. Many people will continue on these puberty blockers up through the time of starting on affirming hormone therapy (testosterone or estrogen) when it is developmentally appropriate to do so. However, if at any time puberty blockers or moving on to hormone therapy are no longer desired or indicated, stopping these medications will allow for the body to restart producing its own hormones and will continue on through puberty as it previously would have.

Injectables	
Medication name	Lupron (leuprolide), Triptodur (triptorelin)
Frequency	Injected monthly or every 3 months, depending on the formulation.
Additional comments	<p>This injection is often done by a medical provider. However, in rare cases can be done at home by a trained and trusted support person if accessing the clinic is challenging</p> <p>Lupron (and most GnRH agonists) are quite expensive and will often require your medical provider to request approval of coverage from your insurance. It is also common that these medications will have to be supplied by a specialty pharmacy and shipped to the health center for administration. This may require coordination between the patient, the insurance, the pharmacy, and the medical provider.</p>
Implants	
Medication name	Supprelin LA (histrelin acetate)
Frequency	Implanted every 12 - 18 months.
Additional comments	Supprelin must be implanted under the skin by a medical professional who specializes in this service. In most cases this can be done as a simple office procedure, but can also be done under anesthesia if there is a significant fear of needles and procedures. Patients should talk to their provider about where and how these procedures are offered.